

March 2016

HEALTH PROMOTION CALENDAR

For more information call 808-471-2280



CLASS DESCRIPTIONS:

Nutrition 101:

JBPHH Gym- Classroom 2

This class is for patients who are seeking basic nutrition and exercise information.

This class is a pre requisite for the RMR test. For more info call 471-2280

Healthy Heart:

JBPHH Gym- Classroom 2

This class is designed for those patients who have a history of hyperlipidemia, hypertension or a family history of heart disease. For more info call 471-2280

Resting Metabolic Rate Test:

Find out how many calories you can burn while at rest. *Patients must attend Nutrition 101 prior to scheduling.*

Tobacco Cessation:

Contact Eleanor Bru @ 474-4242 ext. 4507

Recreation Therapy:

Includes aqua therapy, access surf, recreation therapy hikes, equine therapy and several therapeutic activities. Contact Tiffanee Rogers @ 471-2280 (Appointments from providers required)

NEX "Summer Fun Run"

Located at NEX parking lot. Race starts at 0700 on 23 March 2016. Call Health Promotion @ 471-2280

MON	TUE	WED	THU	FRI	SAT
	1 NUTRITION 101 1000-1100 Tobacco Cessation (KBAY) 1000-1100 RT: 1100-1300	2 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100	3 RT: 1100-1300	4 SHIP SHAPE 0530-0700 RT: 0900-1300 NIOC WAHIAWA HEALTH FAIR 1100-	5
7 Tobacco Cessation NCTAMS Wahiawa 1000-1100	8 Tobacco Cessation (KBAY) 1000-1100	9 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100 RT: 1100-1300	10 RT: 1100-1300	11 SHIP SHAPE 0530-0700 RT: CANCELLED	12
14 Tobacco Cessation NCTAMS Wahiawa 1000-1100	15 Tobacco Cessation (KBAY) 1000-1100 RT: 1100-1300 NUTRITION 101 1300-1400	16 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100 "Kick Butts Day" Tobacco youth advocacy RT: Access Surf White Plains Beach 1000-1300	17 BREAST CANCER SUPPORT GROUP 1000-1100	18 SHIP SHAPE 0530-0700 RT: 0900-1300	19
21 Tobacco Cessation NCTAMS Wahiawa 1000-1100	22 Tobacco Cessation (KBAY) 1000-1100 RT: 1100-1300	23 NEX "Fun Run" 0700-0900 Tobacco Cessation JBPHH Gym Class- room 2 1000-1100	24 "KICK BUTTS" AMR FUN RUN 0630-0930 RT: 1100-1300	25 SHIP SHAPE 0530-0700 RT: 0900-1300	26
28 Tobacco Cessation NCTAMS Wahiawa 1000-1100	29	30	31		